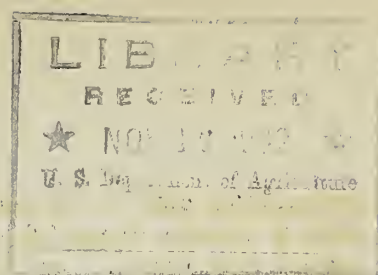


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





## WESTERN HOMEMAKERS' CALENDAR:

### PEANUTS HAVE HIGH FOOD VALUE:

A radio talk delivered by Miss Jean Stewart, Home Economist, Bureau of Home Economics, United States Department of Agriculture, during the Western Farm and Home Hour Thursday, October 13, 1932, through Station KGO and nine other stations associated with the NBC-KGO network, Pacific Division, National Broadcasting Company.

At this season of the year when the new crop of peanuts comes on the market, the home economists rise to inform us that the goober pea has outgrown its circus days. The peanut vender still occupies his corner, and makes his rounds at the circus, the county fair or the Fourth of July picnic. But the peanut nowadays ranks in the eyes of knowing housewives among the most nutritious foods. It may appear in any course, literally "from soup to nuts."

The food specialists point out that fortunately for people on short rations, peanuts are as cheap as well as a filling food, and a good investment for food value.

It is an interesting crop, this peanut, or goober pea of our Southern states. As its name suggests, it is a relative of the common pea, and belongs to the family of legumes. Like its relatives, it is useful in all its parts. Its roots fertilize the soil as the cowpea does. Its stalks and leaves serve as hay. Its "nuts" -- which are really peas -- are a food and a source of oil. But the peanut is unlike its relatives the beans and peas, in the behavior of the vine. When very young, the peanut pods turn and point downward on their stalks and bury themselves in the soil. They ripen underground and eventually are harvested as the familiar peanut in its shell.

Farmers in South America, Africa, India and Manchuria, as well as farmers in the United States grow peanuts commercially. In fact, the plant was introduced into Southern North America from tropical America in Colonial times. But the peanut had no commercial value in the United States until after the Civil War. During the war the soldiers had discovered its sustaining power as food. Last year more than two million acres of land were planted to peanuts, and more than a billion pounds were gathered -- and found use as fresh roasted peanuts, salted peanuts, as the raw material for peanut butter and peanut oil. Food chemists have found that peanuts have exceptional food value. They run high in content of protein, fat and vitamin B. The chemists of the U. S. Department of Agriculture say that a pound of whole peanuts contains nearly a half pound of fat and nearly one-fourth of a pound of protein. Both the fat and the protein in peanuts are easy to digest.

The Bureau of Home Economics has been experimenting with peanuts in its laboratories. The results of the experiments lead the bureau to recommend the use of peanuts in economy diets especially. For young children, peanut butter is more digestible than whole or ground peanuts. But if you want to, the home

(over)

economists say it is all right to use ground fresh roasted peanuts, perhaps mixed with a little cream or milk, or with salad dressing, as a sandwich spread for the school day lunch. Another suggestion is to use ground fresh roasted peanuts in a sandwich, especially on dark bread, with a slice of raw onion for any lunch. Still another possibility is to cream the ground fresh roasted peanuts and serve them on toast for supper.

The food preparation people have had success with peanut butter as an ingredient of soups; one example is a slightly thickened soup of tomato juice and peanut butter. Then there are peanut cookies, peanut butter cup cakes, and peanut brittle ice cream. Creamed peanuts and rice are an agreeable dinner dish. So are scalloped onions and ground peanuts, or scalloped cabbage and peanuts. A peanut loaf is a satisfying main dish; or a peanut fondue may serve the same purpose. A salad made of bananas with either fresh or salted peanuts fits well into many a menu, as does apple and peanut salad. In short, Western Homemakers, I pass on the word to you from the home economics scientists, that peanuts in any form add flavor and substantial food value to most any dish at any meal.